## I CLAIM:

1. A security bar for use with trucks having a hauling bed, comprising:

an elongated cross bar defining openings at each end;

a pair of end plates cooperating, respectively, with the openings at the ends of the cross bar; and

a pair of fastening elements attached to the end plates, respectively, and configured for attachment to the hauling bed of a truck.

- 2. The security bar of claim 1 wherein the fastening elements each comprise an anchor block and bed plate, with the anchor blocks located between the end plates and bed plates, respectively, and with the anchor blocks and bed plates connected to the end plates with respective mechanical fasteners.
- 3. The security bar of claim 2 further comprising a pair of resilient pads located, respectively, between the end plates and anchor blocks for accommodating vibration between the end plates and anchor blocks.
- 4. The security bar of claim 3 wherein the resilient pads are made of vinyl or rubber.
- 5. The security bar of claim 1 wherein the cross bar and end plates are made of aluminum or aluminum alloy.
- 6. The security bar of claim 2 wherein the respective mechanical fasteners are threaded and cooperate with threaded holes defined in the bed plates.
- 7. The security bar of claim 6 wherein the mechanical fasteners are eye bolts.

- 8. The security bar of claim 1 further comprising at least one eye bolt attached to the cross bar for tying down cargo located on the hauling bed.
- 9. The security bar of claim 8 wherein the eye bolt is located at about a midpoint of the cross bar, and further comprising a tie down bar attached to the eye bolt.
- 10. The security bar of claim 1 further comprising a bumper attached to the cross bar for absorbing impacts from cargo located on the hauling bed when the security bar is attached to the hauling bed.
- 11. The security bar of claim 10 wherein the bumper is resilient and made of vinyl or rubber.
- 12. The security bar of claim 11 wherein the resilient bumper extends along a longitudinal edge of the cross bar.
- 13. The security bar of claim 2 wherein the cross bar, end plates, anchor blocks, and bed plates are made of aluminum or aluminum alloy.
  - 14. A truck, comprising:
  - a vehicle body having a hauling bed for carrying cargo; and
- a security bar attached to the hauling bed for securing cargo carried on the hauling bed, with the security bar further comprising:
  - an elongated cross bar defining openings at each end;
- a pair of end plates cooperating, respectively, with the openings at the ends of the cross bar; and
- a pair of fastening elements fixedly attaching the respective end plates to the hauling bed.

- 15. The truck of claim 14 wherein the fastening elements each comprise an anchor block and bed plate, with the anchor blocks located between the end plates and bed plates, respectively, and with the respective end plates, anchor blocks, and bed plates connected to the vehicle body bed with respective mechanical fasteners.
- 16. The truck of claim 15 wherein the mechanical fasteners are eye bolts.
- 17. The truck of claim 15 further comprising a pair of resilient pads located, respectively, between the end plates and anchor blocks for accommodating vibration between the end plates and anchor blocks.
- 18. The truck of claim 17 wherein the resilient pads are made of vinyl or rubber.
- 19. The truck of claim 14 further comprising at least one eye bolt attached to the cross bar for tying down cargo located on the hauling bed.
- 20. The truck of claim 19 wherein the eye bolt is located at about a midpoint of the cross bar, and further comprising a tie down bar attached to the eye bolt.
- 21. The truck of claim 14 further comprising a bumper attached to the cross bar for absorbing impacts from cargo located on the hauling bed when the security bar is attached to the vehicle body.
- 22. The truck of claim 21 wherein the bumper is resilient and made of vinyl or rubber.

- 23. The truck of claim 22 wherein the resilient bumper extends along a longitudinal edge of the cross bar.
- 24. The truck of claim 14 wherein the cross bar, end plates, anchor blocks, and bed plates are made of aluminum or aluminum alloy.
  - 25. A security bar for use with a pickup truck, comprising: an elongated cross bar defining openings at each end;
- a pair of end plates cooperating, respectively, with the openings at the ends of the cross bar; and

a pair of fastening elements attached to the end plates, respectively, and configured for attachment to the hauling bed of the pickup truck with the fastening elements each comprising:

an anchor block;

a bed plate, with the anchor blocks located between the end plates and bed plates, respectively, and with the anchor blocks and bed plates connected to the end plates, with respective mechanical fasteners; and

a pair of resilient pads located, respectively, between the end plates and anchor blocks for accommodating vibration between the end plates and anchor blocks,

wherein the cross bar, end plates, anchor blocks, and bed plates are made of aluminum or aluminum alloy.